

# GROUP FITNESS

For descriptions of our classes, please visit our website at [pacific.clinic/group-fitness](http://pacific.clinic/group-fitness)

Effective 3/1/2025

## Morning Classes (Monday-Saturday)

Fitness Classes are ages 14+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GROUP RIDE</b> 5:15am-6:15am RIDE STUDIO	<b>GROUP POWER</b> 5:15am-6:15am STUDIO 1	<b>GROUP RIDE</b> 5:15am-6:15am RIDE STUDIO	<b>GROUP POWER</b> 5:15am-6:15am STUDIO 1	<b>HIGH FITNESS</b> 5:15am-6:15am STUDIO 1	<b>GROUP RIDE</b> 8:00am-9:00am RIDE STUDIO
<b>HIGH FITNESS</b> 5:15am-6:15am STUDIO 1	STRENGTH & BALANCE 8:00am-9:00am STUDIO 1	<b>GROUP FIGHT</b> 5:15m-6:15am STUDIO 1	STRENGTH & BALANCE 8:00am-9:00am STUDIO 1	<b>GROUP RIDE</b> 5:15am-6:15am RIDE STUDIO	<b>HIGH FIT/ SURGE FIT</b> 8:00am-9:00am STUDIO 1
<b>HIGH LOW</b> 8:00am-9:00am STUDIO 1	<b>GROUP RIDE</b> 9:15am-10:15am RIDE STUDIO	<b>ZUMBA GOLD</b> 8:00am-9:00am STUDIO 1	<b>GROUP RIDE</b> 9:15am-10:15am RIDE STUDIO	INTRO TO YOGA 8:00am-9:30am STUDIO 2	KIDS' KARATE (Adv.) 9:00am-10:00am STUDIO 2
<b>GROUP RIDE</b> 9:15am-10:15am RIDE STUDIO	<b>GROUP CENTERGY</b> 9:15am-10:15am STUDIO 3	<b>GROUP RIDE</b> 9:15am-10:15am RIDE STUDIO	<b>HIGH FITNESS</b> 9:15am-10:15am STUDIO 1	<b>GROUP RIDE</b> 9:15am-10:15am RIDE STUDIO	<b>GROUP POWER</b> 9:15am-10:15am STUDIO 1
<b>BOOTYBARRE</b> 9:15am-10:15am STUDIO 3	<b>GROUP FIGHT</b> 9:15am-10:15am STUDIO 1	<b>UPBEAT BARRE</b> 9:15am-10:15am STUDIO 3	<b>GROUP CENTERGY</b> 9:15am-10:15am STUDIO 3	<b>BOOTYBARRE</b> 9:15am-10:15am STUDIO 3	<b>GROUP CENTERGY</b> 9:15am-10:15am STUDIO 3
<b>GROUP POWER</b> 9:15am-10:15am STUDIO 1		<b>GROUP POWER</b> 9:15am-10:15am STUDIO 1		<b>ZUMBA</b> 9:15am-10:15am STUDIO 1	<b>ZUMBA</b> 10:30am-11:30am STUDIO 1
<b>YOGA TONE</b> 10:30am-11:30am STUDIO 3		<b>YOGA TONE</b> 10:30am-11:30am STUDIO 3		<b>YOGA FLOW</b> 10:30am-11:30am STUDIO 3	

## Evening Classes (Monday-Thursday)

\* Kid Friendly

<b>GROUP CENTERGY</b> 5:15pm-6:15pm STUDIO 3	<b>SPECIAL NEEDS ZUMBA</b> 4:30pm-5:15pm STUDIO 3	<b>BOOTYBARRE</b> 5:30pm-6:30pm STUDIO 3	<b>ZUMBA*</b> 4:30pm-5:30pm STUDIO 1	<b>*Rotating Saturday Morning Class</b>  <b>MARCH</b> 3/1 SURGE 3/8 HIGH 3/15 SURGE 3/22 HIGH 3/29 SURGE  <b>APRIL</b> 4/5 SURGE 4/12 HIGH 4/19 LAUNCH 4/26 HIGH  <b>MAY</b> 5/3 SURGE 5/10 HIGH 5/17 SURGE 5/24 HIGH 5/31 SURGE
<b>SURGE FIT</b> 5:40pm-6:40pm STUDIO 1	<b>GROUP POWER</b> 5:40pm-6:40pm STUDIO 1	<b>ZUMBA</b> 5:40pm-6:40pm STUDIO 1	<b>GROUP POWER</b> 5:40pm-6:40pm STUDIO 1	
<b>POWER YOGA</b> 6:30pm-7:30pm STUDIO 2	<b>YOGA 1 (Heated)</b> 6:00pm-7:30pm STUDIO 3	<b>SURGE HYBRID</b> 6:45pm-7:45pm STUDIO 1	<b>YOGA TONE</b> 6:00pm-7:00pm STUDIO 3	
<b>ZUMBA</b> 6:45pm-7:45pm STUDIO 1	<b>HIGH FITNESS</b> 6:45pm-7:45pm STUDIO 2		<b>ADULT KARATE</b> 7:50pm-9:00pm STUDIO 1	
	<b>ADULT KARATE</b> 7:50pm-9:00pm STUDIO 1			

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## GROUP FITNESS LAUNCH

Sat. April 19

bootybarre 9:15 a.m. Studio 3  
Zumba 10:30 a.m. Studio 1

New Theme, New Soundtrack, New Choreographed Moves  
**BRING A FRIEND FOR FREE! RSVP Required- Limited Space!**

